

MARCH 2022					*Registration required
Monday	Tuesday	Wednesday	Thursday	Friday	
<div>Adult Wellness Center 2001 W Persimmon Rogers, AR 72756 Phone: 479-631-3333 Website: www.rogersar.gov</div>	1 11:00 Parkinson’s Class 12:30 Duplicate Bridge 1:00 Open Hand & Foot 1:00 Pickin’ Circle	2 9:30 Open Dominos 10:00 Diamond Painting 1:00 Bridge Club 1:00 Parkinson’s Support Group 5:00-7:00 Line Dancing	3 10:00 Open Woodcarving 11:00 Parkinson’s Class 12:30 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin’ Circle 5:30 Ballroom Dancing*	4 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons* <i>March Forth on March 4th! Renew your commitment to your goals!</i>	
7 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:00 Oil Painting Workshop* 12:30 Open Mah Jongg 1:00 Open Mexican Train Dominos	8 11:00 Parkinson’s Class 12:30 Duplicate Bridge 1:00 Open Hand & Foot 1:00 Pickin’ Circle 1:30 Photo Club	9 9:30 Open Dominos 10:00 Diamond Painting 10:00 Your Exercise Regimen After an Injury or Surgery* 1:00 Bridge Club 5:00-7:00 Line Dancing	10 10:00 Open Woodcarving 11:00 Parkinson’s Class 12:30 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin’ Circle 5:30 Ballroom Dancing*	11 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons*	
14 9:00-11:00 Line Dancing 10:00-12:00 Pi Day Celebration 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Open Mexican Train Dominos	15 11:00 Parkinson’s Class 12:30 Duplicate Bridge 10:00 AWC Travel Enthusiasts 1:00 Open Hand & Foot 1:00 Pickin’ Circle 1:00 Stroke Support Group	16 9:30 Open Dominos 10:00 Diamond Painting 11:30 Red Hats Speaker & Village Inn Lunch 1:00 Bridge Club 5:00-7:00 Line Dancing	17 Happy St. Patty’s Day! 9:00-11:00 Coffee with the Elder Law Attorney 10:00 Open Woodcarving 11:00 Parkinson’s Class 12:30 Open Mah Jongg 1:00 Lifewriting/Hand & Foot 1:00 Pickin’ Circle 5:30 Ballroom Dancing*	18 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons*	
21 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Creative Card Making* 1:00 Open Mexican Train Dominos	22 11:00 Parkinson’s Class 12:30 Duplicate Bridge 1:00 Open Hand & Foot 1:00 Pickin’ Circle	23 9:30 Open Dominos 10:00 Diamond Painting 10:00 Dealing with the Chronic Stress In Your Life: What We’ve Learned from the Pandemic* 1:00 Bridge Club 5:00-7:00 Line Dancing	24 10:00 Open Woodcarving 11:00 Parkinson’s Class 12:30 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin’ Circle 5:30 Ballroom Dancing*	25 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons*	
28 9:00-11:00 Line Dancing 10:00-2:00 Blood Drive* 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Open Mexican Train Dominos	29 11:00 Parkinson’s Class 12:30 Duplicate Bridge 1:00 Hand & Foot/Pickin’ Circle 1:00 Spring Container Acrylic Pour Class* 2:00 AWC Book Club: The House of Sand and Fog by Andre Duvas	30 9:30 Open Dominos 10:00 Diamond Painting 11:00 Don’t Be Fooled by Scams: Common Scams & How To Avoid Them* 1:00 Bridge Club 5:00-7:00 Line Dancing	31 10:00 Open Woodcarving 11:00 Parkinson’s Class 12:30 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin’ Circle 5:30 Ballroom Dancing*	<div>AWC Hours Monday thru Friday 7:00AM-7:00PM Saturday 8:00AM-12:00PM</div>	

ADULT WELLNESS CENTER MARCH CLASS & ACTIVITY SCHEDULE

AWC Book Club March 29th 2pm Multipurpose Rm
Join us for an interesting discussion of this month’s book, The House of Sand and Fog by Andre Duvas.

AWC Travel Enthusiasts March 15th 10am Multipurpose Rm
Are you interested in sharing travel experiences or learning some travel tips that will help you travel smarter? Please share your ideas with us at this informational meeting. Register by March 11th.

Ballroom Dancing TH 5:30pm Dining Rm
This month we will continue to learn the Waltz with Instructor, Jerry Kendrick. Because COVID is still prevalent in our area, we ask that students sign up in pairs so that the same partners are together for the duration of the class. Class is \$25 per person for the month. Please register by March 2nd.

Blood Drive March 28th 10am-2pm Parking Lot
The CBCO Blood Mobile will be at the AWC. Free shirt for all donors! Although we normally host our blood drives on a walk-in basis, appointments are strongly encouraged to manage donor flow. To schedule your appointment call 417-227-5006 or go to www.cbco.org/donate-blood.

Bridge Club W 1pm Game Rm B
If you are interested in playing Bridge at this time, please let Brandy know so that the group leader can contact you.

Coffee with the Elder Law Attorney March 17th 9am-11am Game Rm A
Elder Law Attorney, Todd Whatley, is back at the AWC to answer your personal legal questions in this Q&A session.

Creative Card Making March 21st 1pm Art Rm
Make beautiful card projects with Instructor, Genice Banning. Space is limited. Please register by March 18th. Class is \$5 to the AWC with \$15 paid directly to the instructor for supplies.

Dealing with the Chronic Stress in Your Life: What We’ve Learned from the Pandemic March 23rd 10am Game Rm A
Chronic stress can take it’s toll physically and emotionally. Judy Anglen, Licensed Professional Counselor from Springwoods Behavioral Health, will talk about how to better deal with the chronic stress in our lives. Please register by March 21st.

Diamond Painting W 10am-12pm Art Rm
Diamond Painting is a craft of gluing beads onto canvas to create beautiful works of art. New faces always welcome!

Don’t Be Fooled by Scams: Common Scams and How to Avoid Them March 30th 11am Game Rm A
Scammers have become more prevalent throughout COVID and it’s more important than ever to know the ways to protect yourself. Dianne Bufford from the Arkansas Attorney General’s Office will update you on how to stay safe and protect your personal information. Register by March 28th.

Duplicate Bridge T 12:30pm-4pm Game Rm B
If you are interested in playing Bridge at this time, please let Brandy know so that the group leader can contact you.

Duplicate Bridge F 12:30pm-4pm Game Rm A
If you are interested in playing Bridge at this time, please let Brandy know so that the group leader can contact you.

Lifewriting TH 1pm-3pm Multipurpose Rm
This memoir writing group meets weekly and is a great place to improve your writing skills. Call June for more information at 479-790-2588.

Line Dancing M & F 9am-11am and W 5pm-7pm Dining Rm
Line Dancing is a great workout for your body and brain. These free dance sessions provide lots of fun exercise. First hour is beginner level & second hour is intermediate level.

The following open game groups are welcome to anyone who wants to come play. No registration needed.
Open Dominos W 9:30am-12pm Demo Kitchen
Open Hand & Foot T & TH 1pm-4pm Demo Kitchen
Open Mah Jongg M & TH 12:30pm-4:30pm Game Rm A/B
Open Mexican Train Dominos M 1pm–3:30pm Mulitpurpose Room
Open Paper Crafting F 9am-2pm Art Rm
Open Pinochle F 12:30pm–3pm Game Rm B
Open Woodcarving TH 10am-12pm Art Rm
Oil Painting Workshop March 7th 10am Art Room
Create an oil painting with instructor, Marie Sitton. Each student will complete a small oil painting during class. All supplies included. Class fee is \$5 plus \$10 to the instructor. Please register by March 4th.

Parkinson’s Class T & TH 11am-11:45am Demo Kitchen
Designed for individuals with movement disorders such as Parkinson’s Disease, this free class consists of stretching, strengthening, balance, breathing & vocalization. Caregivers are encouraged to participate & assist. This class is not intended to replace therapy and is not medically supervised.

Parkinson’s Support Group March 2nd 1pm Game Room A
This group is for anyone who has Parkinson’s Disease, as well as their caregiver, and is a great way to connect with others and find support. Facilitated by Michele Love.

Photo Club March 8th 1:30am-3:30pm Multipurpose Rm
Join us if you enjoy photography. Each meeting provides a chance to see others’ work and share your own.

Pi Day Celebration March 14th 10am-12pm
Please come and celebrate Pi Day (3.14) at the AWC! The Humana Van will be in the parking lot with free pie to share from 10am-12pm.

Pickin’ Circle T & TH 1pm Dining Rm
Whatever stringed instrument you play, please join us for a music circle. All levels welcome & listeners welcome too.

Pinochle Lessons F 3pm Game Rm B
Learn to play pinochle with instruction from Margot Tarcikowski. Course is \$5. Please register by March 3rd.

Red Hats Speaker & Village Inn Lunch March 16th 11:30am Dining Rm
This month we’ll have an interesting presentation from Hub of Hope in Rogers and then travel to Village Inn for lunch and free pie! It’s sure to be an enjoyable time and new faces are always welcome!

Spring Container Acrylic Pour Class March 29th 1pm Art Rm
Make some beautiful spring flower pots or storage containers with Instructor, Becky Booher, using the acrylic pour technique. Class is \$10 to the AWC and \$5 directly to the instructor for paint supplies. Students should bring their own clean, dry terra cotta pots (maximum of two, 10-inch diameter or less). Register by March 25th.

Stroke Support Group March 15th 1pm Multipurpose Rm
This group is for anyone who has had a stroke and would like to connect with others in the same situation. New people are always welcome. Facilitated by U of A/UAMS Professor, Kandy Salter.

Yarn Wranglers M 10am-12pm Art Rm
Bring your knitting or crocheting project and join us!

Your Exercise Regimen After an Injury or Surgery March 9th 10am Game Rm A
If you are recovering from joint surgery or an injury, you might like some tips for getting active again. Experts from Everest Rehabilitation Hospital will be here to give information to help you with your exercise routine. Space is limited, please register at the front desk by March 7th.